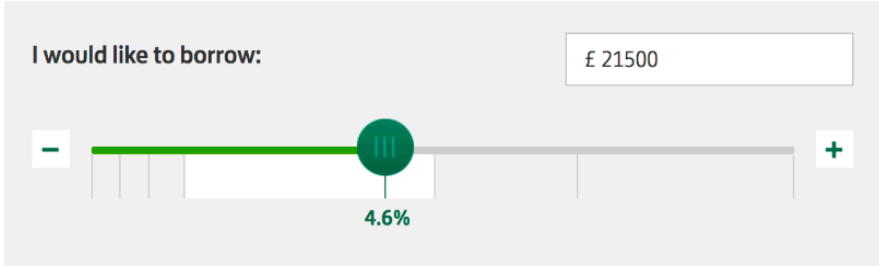**Report 3 : MyDiet phases of implementation**

For Capstone Project (Part I)

written by :

Hiba Idrissi

Date : 19 -03- 2024

Phase	task	description

phase 1	**easy fixes**	● Adding explanations for terms such as 'light active,' 'very active,' etc. This could include clarifying descriptions, such as 'light active (exercise 1-3 times a week),' to help users better understand the activity levels associated with each category.
		
		● Incorporate a feature where users can indicate any food allergies they may have (Present a list of common allergens (peanuts, dairy, gluten, etc.) with checkboxes next to each. Users can select all that apply.)
		
		● Implement the ability to increase and decrease values using the plus and minus buttons in the stepper UI, creating a layout similar to the picture bellow :
		
		Project Weight Loss Duration
		● Integrate functionality to:
		  ○ **Calculate Daily Calorie Needs:** Develop an algorithm to calculate the user's Basal Metabolic Rate (BMR) based on factors like age, weight, height, and gender. This will be used to determine their Total Daily Energy Expenditure (TDEE) considering their activity level.
		  ○ **Recommend Calorie Intake for Weight Loss:** Based on the TDEE and desired weight loss rate, recommend a personalized daily calorie intake goal.
		  ○ **Project Weight Loss Duration:** Based on the calorie deficit (recommended intake vs. user's TDEE) provide an estimated timeframe for the user to reach their target weight.

| phase 2 | **Choose Your Diet Plan: Personalized vs. Build-Your-Own** | **1. Custom Diet Plan with Specialist:**

● Develop a workflow for users to sign up for a personalized plan with a qualified nutritionist or dietician.
● Integrate features for:
  ○ Matching users with an available specialist based on their preferences.
  ○ Secure in-app communication between the user and the specialist.
● Ensure the process is intuitive and user-friendly, guiding users through each step of the sign-up process.

2.Free Version - Build Your Own Plan:

● Implement a separate section where users can create their own meal plans.
● Provide a user-friendly interface for:
  ○ Manually inputting their daily food intake.
  ○ Utilizing a food database for search and selection of food items.
● Ensure the section is easy to navigate and understand, allowing users to customize their meal plans efficiently |
| phase 3 | **Training an AI model** | ● Training an AI model to plan a user's meals, this would involve the following:

  ○ **Data Collection:** Gather a diverse dataset of meal plans and user preferences.

  ○ **Data Preprocessing:** Clean and standardize the dataset for consistency.

  ○ **Model Selection:** Choose a suitable machine learning model for meal planning.

  ○ **Model Training:** Train the model using the preprocessed data.

  ○ **Evaluation:** Assess the model's performance using relevant metrics. |